

Namo Tassa Bhagavato Arahato Sammàsambuddhassa  
Namo Tassa Bhagavato Arahato Sammàsambuddhassa  
Namo Tassa Bhagavato Arahato Sammàsambuddhassa

### **TI-SARANA**

Buddhaü Saranaü Gacchàmi  
Dhammaü Saranaü Gacchàmi  
Sanghaü Saranaü Gacchàmi

Dutiyampi Buddhaü Saranaü Gacchàmi  
Dutiyampi Dhammaü Saranaü Gacchàmi  
Dutiyampi Sanghaü Saranaü Gacchàmi

Tatīyampi Buddhaü Saranaü Gacchàmi  
Tatīyampi Dhammaü Saranaü Gacchàmi  
Tatīyampi Sanghaü Saranaü Gacchàmi

### **PANCA SILA**

Pànàtipàtà Veramani Sikkàpadaü Samàdiyàmi  
Adinnàdànà Veramani Sikkàpadaü Samàdiyàmi  
Kàmesu Micchàcàrà Veramani Sikkàpadaü Samàdiyàmi  
Musàvada Veramani Sikkàpadaü Samàdiyàmi  
Suràmeraya Majja Pamàdatthànà Veramani Sikkàpadaü  
Samàdiyàmi

### **HOMAGE TO THE BUDDHA**

Homage to Him,  
The Blessed One,  
The Worthy One,  
The Perfectly Enlightened One!

### **OPENING REVERANCE**

We reverence the Buddha, the perfectly Enlightened One, the Shower of the Way.

We reverence the Dhamma, the teaching of the Buddha, which leads from darkness to light.

We reverence the Sangha, the Fellowship of the Buddha's disciples, that inspires and guides.

### **THREE REFUGES**

To the Buddha for refuge I go.  
To the Dhamma for refuge I go.  
To the Sangha for refuge I go.

For the second time to the Buddha for refuge I go.  
For the second time to the Dhamma for refuge I go.  
For the second time to the Sangha for refuge I go.

For the third time to the Buddha for refuge I go.  
For the third time to the Dhamma for refuge I go.  
For the third time to the Sangha for refuge I go.

### **FIVE PRECEPTS**

I undertake to abstain from taking life.  
I undertake to abstain from taking the not-given.  
I undertake to abstain from sexual misconduct.  
I undertake to abstain from false speech.  
I undertake to abstain from taking intoxicants.

### **THE POSITIVE PRECEPTS**

With deeds of loving kindness, I purify my body.  
With open-handed generosity, I purify my body,  
With stillness, simplicity and contentment, I purify my body.  
With truthful communication, I purify my speech.  
With mindfulness clear and radiant, I purify my mind.

### **礼佛**

顶礼 世尊 应供 三藐三佛陀  
顶礼 世尊 应供 三藐三佛陀  
顶礼 世尊 应供 三藐三佛陀

### **礼三宝**

我们顶礼佛, 圆满正觉者, 修道的导师

我们顶礼法, 佛陀所教法, 从黑暗至光明的指标

我们顶礼僧, 佛陀之弟子, 鼓励与领导大众

### **三归依**

我归依佛  
我归依法  
我归依僧  
我再次归依佛  
我再次归依法  
我再次归依僧  
我三次归依佛  
我三次归依法  
我三次归依僧

### **五戒**

我自愿修持不杀生戒  
我自愿修持不偷盗戒  
我自愿修持不邪淫戒  
我自愿修持不妄语戒  
我自愿修持不饮酒戒

### **五善**

我愿以慈悲功德, 清净我身  
我愿以宏量布施, 清净我身  
我愿以朴素知足的生活方式, 清净我身  
我愿以真诚代人, 清净我口  
我愿以坚定光明的意志, 清净我意

### **BUDDHA VANDANA**

Iti'pi so bhagavà arahau sammàsambuddho  
vijjà-carana sampannosugato  
Loka vidà, anutarro purisa-damma-sàrathi  
sathà deva-manussànam buddho bhagavà-ti

Buddham jāvita-pariyamtaü saranaü gacchàmi

### **DHAMMA VANDANA**

Svakkhàto bhagavatà Dhammo  
Sanditthiko akàliko ehipassiko  
Opanayiko paccattam  
Veditabbo vi<sup>ra</sup>hi'ti

Dhammam jāvita-pariyamtaü saranaü gacchàmi

### **SANGHA VANDANA**

Supatipanno bhagavato sàvakasaōgho  
Ujāpatipanno bhagavato sàvakasaōgho  
Yāyapatipa<sup>ra</sup>o bhagavato sàvakasaōgho  
Samicipatipanno bhagavato sàvakasaōgho

Yadidaḃ cattàri purisayugàni attha purisapuggalà  
āhuneyyo, pāhuneyyo, dakkhineyyo a<sup>ra</sup>jalaraniyo annutaram  
pu<sup>ra</sup>akkhettaü lokassà'ti

Saōghau jāvita-pariyamtaü saranaü gacchàmi

### **SALUTATION TO THE THREE JEWELS**

Such indeed is He, the Richly Endowed:  
The Free, the Fully and Perfectly Awake, Equipped with  
Knowledge and Practice, the Happily Attained, Knower of the  
Worlds, Guide Unsurpassed of Men to Be Tamed, The  
Teacher of Gods and Men, the Awakened One Richly  
Endowed.

All my life I go for refuge to Awakened One.

Well communicated is the Teaching of the Richly Endowed  
One, Immediately Apparent, Perennial, of the Nature of a  
Personal Invitation, Progressive, to be understood individually,  
by the wise.

All my life I go for refuge to the Truth.

Happily proceeding is the Brotherhood of Hearers of the  
Richly Endowed One, uprightly proceeding...methodically  
proceeding...correctly proceeding..., namely these four pairs  
of Individuals, these eight Persons.  
This Brotherhood of Hearers of the Richly Endowed One is  
worthy of worship, worthy of salutation with folded hands, an  
incomparable source of goodness to the world.

All my life I go for refuge to the Brotherhood

### **REVERANCE TO THE THREE JEWELS**

We reverence the Buddha, and aspire to follow Him.  
The Buddha was born, as we are born.  
What the Buddha overcame, we too can overcome;  
What the Buddha attained, we too can attain.

We reverence the Dhamma, and aspire to follow it;  
with body, speech and mind, until the end.  
The Truth in all its aspects, the path in all its stages,  
We aspire to study, practice, realize.

We reverence the Sangha, and aspire to follow it;  
The fellowship of those who tread the way.  
As, one by one, we make our own commitment,  
An ever-widening circle, the Sangha grows.

### **赞叹三宝**

#### **赞叹佛宝**

如是世人所尊者: 应供、正遍知、明行足、善逝、世间  
解、无上士、调御丈夫、天人师、佛、世尊!

愿至寿终, 一生归依佛!

#### **赞叹法宝**

世尊所教法, 完美传授, 即时见报, 无时限, 亲切如个人邀请,  
次第分明, 为智者各自明了而说.

愿至寿终, 一生归依法!

#### **赞叹僧宝**

快乐修行的佛弟子,  
昂然修行的佛弟子,  
井然修行的佛弟子,  
正确修行的佛弟子,  
此乃四双八辈的圣者, 值得我们的礼拜, 值得我们以合掌顶  
礼, 世间无上善的源头.

愿至寿终, 一生归依僧!

### **念三宝**

我们礼敬佛, 愿永追随.  
佛陀降世, 我们也生此世界.  
佛陀所降服的, 我们毕竟也能降服.  
佛陀所成就的, 我们毕竟也能成就.

我们礼敬法, 愿以身、口、意追随至涅槃.  
真理的所有层次, 正道的所有次第, 我们誓愿——学习, 修  
行与成就.

我们礼敬僧, 愿永追随.  
同道修持众生的友谊, 加以我们每人对修行所作的承诺, 愿

### **Padipa Pāja**

Ghana-sārappa-dittena  
Dipena tamadhamsinā  
Tiloka dāpam sambuddhaū  
Pājayāmi tamo nudaū

### **Sugandha Pāja**

Ghana-sambhāra-yuttana  
Dhupenāhaū sugandhina  
Pājaye pājaiāyāū taū  
Pājā bhājana muttamaū

### **Puppha Pāja**

Vanna-gandha-gunopetaū  
Etaū kusuma-santatiū  
Pājayāmi munindassa  
Siri-pāda-saroruhe  
Pājemi Buddhham kusumena nena  
Pupphaena-metena ca hotu mokkham  
Pupphaū milāyāti yathā idam me  
Kāyo tathā yāti vināsa bhavaū

### **Pānāva Pāja**

Adhivāsetu no bhante – Pānāyam pari kappitaū  
Anukampāū upādāya – Patighātu muttamaū

### **Panaka Pāja**

Adhivāsetu no bhante – Panakam pari kappitaū  
Anukampāū upādāya – Patighātu muttamaū

### **Ahāra Pāja**

Adhivāsetu no bhante – Bhojanam pari kappitaū  
Anukampāū upādāya – Patighātu muttamaū

## **OFFERINGS TO THE BUDDHA**

### **Offering of Lights**

Reverencing the Buddha, we offer candles:  
To Him, who is the light, we offer light.  
From His greater lamp, a lesser lamp we light within us:  
The lamp of Bodhi shining within our hearts.

### **Offering of Incense**

Reverencing the Buddha, we offer incense:  
Incense whose fragrance pervades the air.  
The fragrance of the perfect life, sweeter than incense, Spreads  
in all directions throughout the world.

### **Offering of Flowers**

Reverencing the Buddha, we offer flowers:  
Flowers that today are fresh and sweetly blooming,  
Flowers that tomorrow are faded and fallen.  
Our bodies too, like flowers, will pass away.

### **Offering of Water**

O Lord! The Blessed One, please accept this water, as an  
offering to you, out of great compassion on us.

### **Offering of Fruit Juice**

O Lord! The Blessed One, may this fruit juice be kindly  
accepted by You, out of great compassion on us.

### **Offering of Food**

O Lord! The Blessed One may this food be kindly accepted by  
You, out of great compassion on us.

## **SHARING OF MERITS**

May the merit gained  
In my acting thus  
Go to the alleviation of the suffering of all beings.  
My personality throughout my existences, my possessions

能使僧团增长, 利益四方.

### **供佛**

### **供灯**

顶礼佛. 在此, 我们上供蜡烛. 我们向光明供灯. 愿佛陀大明  
灯点燃我们这小火, 使到菩提的明灯照亮我们的心灵.

### **供香**

顶礼佛. 在此, 我们上供香. 它的香味熏染空气. 愿比此香味  
更美妙的正道香味熏染十方世界.

### **供花**

顶礼佛. 在此, 我们上供花. 今天灿烂、清香的花, 明日就谢  
了、凋落. 当念, 我们的身体和花一样也会衰退.

### **供水**

慈悲的世尊, 愿您接受此水为供品.

### **供果汁**

慈悲的世尊, 愿您接受此果汁为供品.

### **供食物**

慈悲的世尊, 愿您接受此食物为供品.

### **回向**

但愿此功德, 回向给所有众生, 愿他们离苦得乐. 我的生命,  
我的所有, 我的过去, 现在, 未来的功德, 我愿意毫无私心的  
奉献出来, 为众生谋求福利.

Ettàvatà ca amhehi  
Sambhatam puṁṣa sampadaü  
Sabbe devà anumodantu  
Sabba sampatti siddhiyà

Ettàvatà ca amhehi  
Sambhatam puṁṣa sampadaü  
Sabbe sattà anumodantu  
Sabba sampatti siddhiyà

(repeat this verse three times)  
Idam me ṣàtinam hotu  
Sukhità hontu ṣàtayo

(repeat this verse three times)  
Kàyena vācā cittena  
Pamādena mayā kataü  
Accayaü khama me bhante  
Bhāri paṁṣa Tathāgata

And my merit in all three ways,  
I give up without regards to myself,  
For the benefit of all beings.

May all gods share in this merit which we have thus made, so  
that they may experience all kinds of happiness.

May all creatures share in this merit which we have thus made,  
so that they may experience all kinds of happiness.

Let this merit accrue to our relatives and may they be happy

#### **RECTIFICATION OF FAULTS**

The evil which I have heaped up,  
Through my ignorance and foolishness,  
Evil in the world of everyday experience,  
As well as evil in understanding and intelligence,  
All that I acknowledge to the Buddha.  
May the Lord receive this kindly,  
Just as it is, with its many faults!  
What is not good, O Blessed One,  
I shall not do again.

#### **DEDICATION**

We dedicate this place to the Three Jewels:  
To the Buddha, the Ideal of Enlightenment to which we aspire;  
To the Dhamma, the Path of the Teaching which we follow;  
To the Sangha, the spiritual fellowship with one another which  
we enjoy.

Here may no idle words be spoken;  
Here may no unquiet thought disturb our minds.

To the observance of the Five Precepts  
We dedicate this place;  
To the practice of Meditation,  
We dedicate this place;  
To the development of wisdom,  
We dedicate this place;  
To the attainment of Enlightenment,  
We dedicate this place.

但愿此功德, 回向给所有天神, 愿他们能得到种种快乐.

但愿此功德, 回向给所有众生, 愿他们能得到种种快乐.

但愿此功德, 回向给我们的亲人, 愿他们能得到种种快乐.

#### **忏悔**

因为贪、嗔、痴所作的恶业, 每天平时所作的恶业, 和因误解与愚蠢所作的恶业, 我一一向佛忏悔. 希望佛陀能以慈悲接受我的过失. 我在佛前发誓不会重犯这些过错.

#### **功德回向**

我们把此地奉献给三宝.  
奉献给佛, 我们想往的圆觉理想.  
奉献给法, 我们修行的教义正道.  
奉献给僧, 我们享用的精神支柱.

但愿在此, 没有虚言.

但愿在此, 没有恼人的心念.

为了修持五戒, 我们奉献此地.  
为了修持禅定, 我们奉献此地.  
为了修持智慧, 我们奉献此地.  
为了成就正觉, 我们奉献此地.

Sabbapàpassa akaranāi  
Kusalassa upasampada  
Sacitta pariyodapanāi  
Etam Buddhāna sāsanaī.

Karanāyam attakusalena  
Yaṃ taṃ samtaṃ padaṃ abhisamecca  
Sakko ujā ca sājā ca  
Suvaco c’assa mudā anatimānā

Santussako ca subharo ca  
Appakicco ca sallahukavutti  
Santindriyo ca nipako ca  
Appagabbho kulesu ananugiddho

Na ca khuddaṃ samācare kiṃci  
Yena viṃṣā pare, upavadeyyuṃ  
Sukhino va khemino hontu  
Sabbe sattā bhanvantu sukhittatā

Ye keci pāna bhātatti  
Tasā va thāvara va anavasesā  
Dāghā va ye mahantā va  
Majjhimā rassakānuka thālā

Ditthā va yeva aditthā  
Ye ca dāre vasanti avidāre  
Bhātā va sambhavesā va  
Sabbe sattā bhavantu sukhittatā

Na paro paraṃ nikubbetha  
natimaṃṣetha katthacināṃ kaṃci  
Byārosanā patighasaṃṣā  
īaṃṣam- aṃṣassa dukkhamiccheyya

Mātā yathā niyaṃ puttaṃ āyusā  
Ekaputtaṃ anurakkhe  
Evampi sabba bhātesu  
Mānasaṃ bhāvaye aparimānaṃ

Mettāna sabba lokasmiṃ  
Mānasaṃ bhāvaye aparimānaṃ  
Uddham adho ca tiriyaṃca  
Asambadhaṃ averaṃ asapattaṃ

### **ADVICE OF ALL THE BUDDHAS**

Not to do evil;  
To cultivate the good;  
To purify the mind;  
This is the Teaching of the Buddhas.

### **THE DISCOURSE ON LOVE**

Skilled in good, wishing to attain  
a state of calm, so should one behave:  
able, upright, perfectly upright,  
open-minded, gentle, free from pride.

Contented, easily supportable; with  
few duties of light livelihood;  
controlled in senses, discreet,  
reserved, not greedily attached to family.

One should not commit a slight wrong,  
that wise persons might censure;  
that there be happiness and security.  
May all beings be happy-minded.

Whatever beings there are:  
Timid, strong, and all other,  
long or huge,  
average, short, or large;

Seen or unseen,  
living near or far,  
born or coming to birth:  
May all beings be happy-minded.

Let one not deceive another,  
nor despise anyone anywhere.  
Neither in anger or ill-will,  
Should one wish another harm.

As a mother would risk her own life  
to protect her only child,  
so should one, to all living beings,  
cultivate a boundless heart.

Let one’s love pervade the whole  
world, without any obstructions,  
above, below and across,  
free from obstruction, enmity, hostility.

### **诸佛教诲**

诸恶莫作  
诸善奉行  
自净其意  
是诸佛教

### **慈经**

善于行善并且希望得到安祥的人应该如此做人: 能干、正直、非常正直、温顺、温和、谦虚、

知足、容易被护、生活简单、有正当职业、有自制力、不轻率、含蓄、不贪恋眷属

任何怎样微小的过错、被智者谴责的过错, 他都不会犯. 他会培养此心念: “愿所有众生快乐与安祥! 愿所有众生心里充满快乐!

不论那一类的众生: 衰弱或强壮的、长、胖或中等的、短、小或大的、看得到或看不到的

生活在附近或远方的、已出生的或未出生的: 当愿所有众生, 无有例外, 心里充满快乐!

愿无人欺骗他人或鄙视他人, 就算生气或怀恨, 也不希望他人受到伤害。”

就如母亲毫不顾命的保护她唯一的孩子, 他应培养对所有众生持无量心.

让他的慈心透彻整世界 – 上方, 下方, 所有方向 – 无有障碍、仇恨、敌意.

Titthaṃ carāy nisinno vā  
Sayānovā yāvat'assa vigatamiddho  
Etaṃ satiṃ adhiññheyya  
Brahmam etaṃ viharāy idha mahu

Ditthiṃca anupagamma sālava  
Dassanena sampanno  
Kāmesu vineyya gedhāy na hi jātu  
Gabbhaseyyā punareti'ti

Standing, walking, sitting,  
or lying down; whenever awake,  
one should develop mindfulness,  
as this is the highest abode.

Not falling into error, virtuous,  
and endowed with insight; giving up  
attachment to sense-desires,  
one is not again subject to birth.

无论站着,走着,坐着或躺着,只要是醒着,他应保持正念,  
因为这是最高的心念.

不堕落于邪见,正直和充满智慧,放弃执着于欲望,此人必  
定不会再进入母胎受生.